

December 2003/January 2004

Dear Prevention Partners Coordinator:

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two are as follows:

- December 10, 2003 Anderson To be announced
- January 22, 2004 Greenville Roper Mountain Science Center

Registration forms can be obtained from our website, www.eip.sc.gov (click on “Stay Healthy and Save” and go to “Early Detection”). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.state.sc.us.

Chronic Disease Workshops

We have two chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

- Healthy Heart December 16, 2003 Columbia Capital Senior Center
- Diabetes January 22, 2004 Columbia Capital Senior Center

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on “Stay Healthy and Save” and go to “Disease Management”). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.state.sc.us.

Prevention Partners Online

Please note that Prevention Partners online resources can no longer be found at www.eip.state.sc.us. Our new home is now www.eip.sc.gov. All of our registration forms, programs, and products can be found there by simply clicking on “Stay Healthy and Save” which appears on the left side of your screen.

New Website

The National Institutes of Health (NIH) recently launched NIHSeniorHealth.gov (www.nihseniorhealth.gov), a new talking web site with formats and topics tailored to the needs of older people. The senior friendly site takes advantage of techniques developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) designed to encourage older people to use the Internet, and this site in particular, as a resource for the best information on health and medical research.

The site features large print and short, easy-to-read segments of information repeated in a variety of formats to increase the likelihood it will be remembered. Consistent page layout and prompts help older adults move from one place to another on the site without feeling lost or overwhelmed. Each topic provides general background information, quizzes, frequently asked questions (FAQs), open-captioned video clips, transcripts for the videos, and photos and illustrations with captions. NIHSeniorHealth.gov also has a “talking” function, which will allow users the option of reading the text or listening to it as it is read to them.

The risk of many diseases increases with age, so the site focuses on health topics or specific diseases that are of particular interest to older people, including Alzheimer’s disease, Alzheimer’s disease caregiving, arthritis, balance problems, breast cancer, colorectal cancer, exercise for older adults, hearing loss, lung cancer, and prostate cancer. In coming months, topics will include complementary and alternative medicine, diabetes, falls, shingles, vision changes, and others.

Don’t Forget!

Don’t forget about those Letters of Intent. The December 5 deadline is approaching fast, so please get them in as soon as possible. We need those letters in order to update our database to continue sending you valuable health information each month. And be sure to give us your email address, as we are now using e-mail to send registration forms and announcements. If you did not receive your letter of intent or have any questions, please call us at (803) 737-3820. We value everyone's participation in our program!

Contents of this mail-out are:

December/January *Coordinators' Communique*
December Bulletin Board Service
January Bulletin Board Service